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Get Ready for Winter: Preparing for Emergencies and Y2K

How can I get ready for the winter weather ahead? How do I plan for possible Y2K problems? Or, should I do anything at all? Will Y2K keep me from getting my Medicaid or Food Stamps?

Here are some tips so you'll be ready for that first nasty winter storm. This is in case you can't get out or your power goes off.

Your pantry:

- ✓ Keep canned food and stored water to last several days to a week.

Your medicine cabinet:

- ✓ Medical supplies - have first aid supplies on hand and any items your doctor has ordered
- ✓ Medications - have your prescriptions filled before you run out.

Remember: Medicaid will not pay for extra medicine or supplies.

To stay warm and safe:

- ✓ Keep extra blankets and bedding
- ✓ Have coats, hats and gloves
- ✓ **Do not** use gas appliances, like an oven for a heating source
- ✓ **Only use** camp stoves and heaters outside in well-ventilated area.

If the power fails:

- ✓ Have plenty of flashlights and extra batteries on hand.
- ✓ **Don't** use candles for emergency lighting.
- ✓ Follow manufacture's instructions if you use outdoor cooking equipment

Here are some Y2K tips:

Your home: some equipment may have a computer chip inside. These are items like: fire and security alarm systems, programmable thermostats, appliances, televisions, stereos or vcrs.

- ✓ Ask the product manufacturer if the item is **Y2K proof**. If not, ask what you can do to be ready. Some items may be too old and will not be **Y2K proof**.

Medical equipment such as:

Infant monitors
Oxygen concentrators

Electric wheelchairs
Voice computers, etc.

- ✓ Ask your equipment provider if the item is **Y2K proof**. If not, ask what they will do to be ready.

Your Cash:

Have some cash on hand in case electronic transactions cannot be processed. **Be smart** about how you store it and who you tell about it.

- ✓ Keep copies of bank records for the last months of 1999.
- ✓ Find out how your community is preparing for any potential problems.

(Source: American Red Cross)

Other Ideas for Home and Y2K:

Beware of scams for goods and services that say they are "Y2K Guaranteed."

Beware of anyone trying to sell you things you don't need.

Never give out personal information over the phone unless you make the call.

Collect paper copies of important records. This includes bank statements, tax notices, bills, credit reports, school records, medical records, etc.

What about my Medicaid or Horizon Card Benefits & Y2K?

Watch for any letters or instructions from DWS (Department of Workforce Services). DWS wants you to know what is happening with your benefits as get close to the year 2000. They will tell you when payments will be made. They will also tell you where to go if something goes wrong with the system.

DWS expects a lot of calls on January 1st and 2nd. You might not be able to reach them by phone to call in your information. DWS says you can wait to call on Monday or Tuesday night with your information.

DWS does not want you or anyone else to get benefits late because of Y2K or any emergency. But, DWS and the State are making plans in case of a delay.

Want to know more about Y2K? Visit the State of Utah web site at www.das.state.ut.us/100days.

Got the Winter Blues or Blauhs?

Winter can be a time when many people suffer from depression. If you have five or more of these symptoms for longer than two weeks, or if the symptoms are severe enough to interfere with your daily routine, contact your mental health provider listed on your Medicaid card.

- ✓ Sad, anxious or “empty mood.
- ✓ Sleeping too little or too much
- ✓ Changes in weight or appetite
- ✓ Loss of pleasure or interest in activities
- ✓ Feeling restless or irritable
- ✓ Trouble concentrating, remembering or making decisions
- ✓ Fatigue or loss of energy
- ✓ Feeling guilty, hopeless or worthless
- ✓ Physical symptoms that don’t respond to treatment
- ✓ Thoughts of suicide or death

Did you know that:

Depression affects more than 17 million people each year.

Depression is a medical illness, not a weakness.

Depression can be successfully treated in 80 percent of all cases

Free Depression Information 1-800-228-1114

Source: National Mental Health Association

Health Clinics Of Utah

We have four locations to serve anyone in Utah.

Salt Lake County Area
2121 South 230 East
Salt Lake City, UT 84115
468-0354

1460 West 288 North
Salt Lake City, Ut 84114
538-9424

Ogden Area:
2540 Washington Blvd #122
Ogden, Ut 84401
626-3670

Provo Area:
150 East Center St. #1100
Provo, Ut 84601
374-7011

All locations are accepting new patients. We are affiliated with:

- United Med Choice
- American Family Care

- Healthy U
- IHC Access.

We would be happy to be your Primary Care Provider. There are no long waits to get into see the doctor. In most cases, you can see be seen the same day you call. Call us today.

Resources

Utah Department of Health	
Check Your Health Hotline	1-888-222-2542
Health related information and referral	
Baby Your Baby Hotline	1-800-826-9662
Prenatal and Child Health Care Information	
CHIP	1-888-222-2542
Children’s Health Insurance Program	
Immunize by Two	1-800-275-0659
Medicaid Constituent Services	1-877-291-5583

HMO	Customer Service
American Family Care	1-888-483-0760
Altius	1-800-377-4161
Healthy U	1-888-271-5870
IHC Access	1-800-442-9023
United MedChoice	1-800-401-0666

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